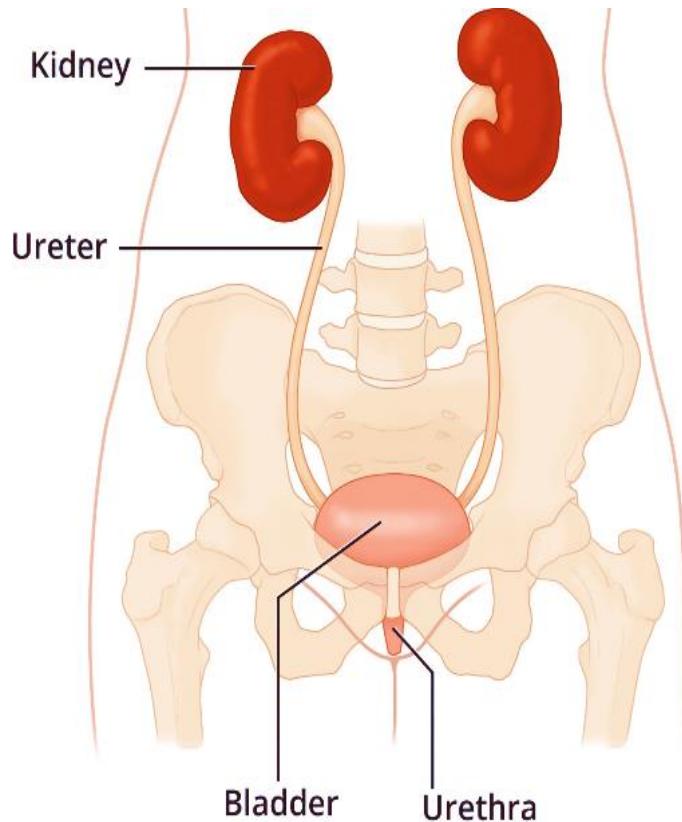


PATIENT INFORMATION

Female Urinary Tract Infection

Information for you about
treatment and prevention of
your urinary tract infection.

Your Urinary Tract



How it works

Urine is produced by the kidneys inside your body as it removes waste from the blood.

This Urine travels down the ureters until it reaches the bladder. When you pee, the bladder contracts and urine passes through the urethra and into the toilet.
All of these structures together make the **Urinary system**.

What are UTIs and what are the symptoms

Urinary tract infections (UTIs) occur when **bacteria** travel up the urethra.

Women have shorter urethras than men and so are more susceptible to UTIs.

Symptoms of urinary tract infections include:

- Needing to urinate more often than usual
- Pain or burning when urinating
- Smelly or cloudy urine
- Blood in your urine
- Pain in your lower tummy
- Feeling tired and unwell
- Confusion or agitation (in older people)
- Nausea and vomiting
- Fever and backpain

Your doctor will treat your infection with antibiotics.

Prevention of UTIs

Methods to prevent UTIs include :

Drinking plenty of water

- This helps to flush bacteria out of the urinary tract

D - mannose

- This is a type of sugar naturally found in fruits such as apples and cranberries. Dose 1g twice a day.
- D-mannose works by preventing bacteria from sticking to the wall of the urethra.
- Tablet forms are available in most health food shops
- Not recommended for people with diabetes due to sugar content of tablet

Cranberry tablets (or juice)

- Only used as prevention rather than treating an UTI.
- Tablet forms are available in most health food shops.
- It may only be effective in some women.
- Juice is not recommended for people with diabetes due to its sugar content

Topical Oestrogen (in post-menopausal women)

- Decreased levels of oestrogen in the body leads to changes down below such as decreasing acidity in the vagina, which can destroy its' protective microorganisms.
- Oestrogen cream or pessaries used inside the vagina can help restore the acidity, protecting against bacteria.
- Talk to your doctor for more information.

Talk to your Doctor before using these products, especially if you are pregnant.

Call 111 to get advice if you have any of the following symptoms;

1. Pain in your sides or lower back
2. A very high temperature or you feel hot and shivery
3. Felt sick or been sick
4. Diarrhoea

To help avoid getting another UTI, the following simple steps can help:

DO

- Wipe from front to back when you go to the toilet
- Try to fully empty your bladder when you pee
- Drink plenty of fluids
- Take showers instead of baths
- Wear loose cotton underwear
- Urinate as soon as possible after sex

DON'T

- Do not use perfumed bubble bath, soap or talcum powder
- Do not wear tight, synthetic underwear, such as nylon
- Do not wear tight jeans or trousers
- Do not use condoms or diaphragms with spermicide lube on them – try non-spermicidal lube or try a different contraceptive

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

Please call 01704 704714 if you need this leaflet in an alternative format

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
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Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT
Thank you

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